



Healthy Snack Guide

Stock Your Kitchen

Follow the Food Guide Pyramid to stock your kitchen. Having the right stuff on hand is very important for making fast healthy snacks. If your snacks are based on whole grains, fruits and vegetables with a little dairy and lean protein you will be on your way to better health. Of course you will want to watch your intake of salt and saturated fat to keep your heart healthy. Here are some items you may want to keep on hand:

Grains:

- Lowfat, whole- grain crackers
- Rice cakes
- Whole wheat pita bread (100%)
- Whole wheat bread (100%)
- Baked tortilla chips

Vegetables:

- Raw vegetables
- Salads
- Potatoes and sweet potatoes
- Vegetable juice (100%)
- Vegetable soups

Fruits:

- Fresh fruit
- Dried fruit
- Fruit juice (100%)

Heart Healthy Protein:

- Nuts and nut butters
- Bean dip
- Bean soup

- Bean salad
- Baked tofu
- Canned tuna or salmon

Heart Healthy Dairy:

- Nonfat light yogurt
- Fortified soymilk and skim milk
- Smoothies made with soymilk or skim milk

Easy Snack Ideas

For healthy snacks, think *out with the bag* -- that is, out with foods that are sold as snacks in all those cute packages and bags. The healthiest snacks do not really include refined carbohydrates such as pretzels, crackers, cookies and chips, all of which are often high in sodium and fat and low in fiber. This is especially important if you are trying to watch your weight, lower your blood pressure or control your blood sugar. Here are some delicious, easy snack ideas:

- **Peanut butter crackers** - An old standby is healthy when you make it on 100% whole grain bread or low-fat, whole grain crackers (such as WASA brand crackers). If you are watching your weight, keep the peanut butter to 1 Tbsp per serving and add some light, no-sugar-added preserves or fresh sliced fruit.
- **Soup** - Purchase low-sodium, low-fat vegetable or bean soup. It can be microwaved in minutes in a coffee mug. If you are keeping this at the office, don't forget the can opener.
- **Rabbit bag** - Put a few raw veggies and fruits together in a zip lock bag. Use orange wedges, apple slices, raw cauliflower and raw carrots. The orange gives everything a nice flavor and helps keep the apple slices from turning too brown.
- **Smoothie** - Blend skim milk, fruit

and wheat germ to make a delicious drink that tastes like a milk shake.

- **Low-sodium vegetable juice** helps you get to 5 a day.
- **Sandwiches** don't have to be just for lunch; they are great for snacks, too. Stuff a whole wheat pita with lean turkey or beans, lettuce, tomato and a little vinegar and oil for a heart healthy treat.
- **Tuna or salmon on toast** - Make a tuna or salmon salad with canned fish and lowfat mayonnaise. Spread it on 1 slice of toasted 100% whole wheat bread and top with fresh sliced tomato and shredded romaine lettuce.
- **Oatmeal raisin bowl** - Make a bowl of oatmeal with raisins and cinnamon.
- **Cereal parfait** - Place light nonfat yogurt, fruit and whole grain cereal in a plastic cup and you will have a nutritious snack ready to go.
- **Baked sweet potato** - bake a sweet potato in the microwave and top with reduced calorie pancake syrup.

Compare Calories:

<u>Healthy Snacks</u>	<u>Calories</u>
Broccoli	24
Carrots	52
Apple	81
Pear	97
Banana	108
<u>Mall Snacks</u>	<u>Calories</u>
Pretzel	214
Cookie	260
Muffin	340
French fries	350
Cinnamon bun	370